Queda Batido

Queda (de rins) Batido

This is a nice Floreio piece that involves some moving around in the QDR position. A prerequisite for that, of course, is having a stable QDR position first. If you havent been dedicating enough time to training your QDR, start to do so now. It is an essential movement in Floreio practice and will allow you a lot of freedome of movement around that position.

From a squat go into a normal QDR position, one leg is straight and the closer leg is bent. From this position take the straight leg up and over the far elbow and touch the ground. The leg should be active as well as your foot - quality of movement! The movement should also be controlled and stable. After touching the floor and exhaling air while doing so, take the leg in the same path it entered back to the starting position and down to the squat. Push out.

Queda Batido - Easy Variation

The intermediate variation will use both arms at all times to control the movement.

Queda Batido - Advanced Variation

The advanced variation will use one arm to get in and out of the position and two arms in the position itself for better fluidity, control and... beauty.

Workout - beginner

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Frog Stance 15-30 sec X 3-5 sets / 60 sec rest

Floreio work
C1. QDR Rotational Push Ups -Beginner variation X 10-14 reps / 3 sets / 60 sec of rest
D1. Rotations into High Bridge X 10 reps / 3 sets / 60 sec rest
or
D1. High Bridge hold - total time 30 sec
D2. Rotations Into Arch Using The Wall X 10 reps / perform 3 sets of d1-d2 resting 60 sec after D2 only
E1. Corta Capim Rotations X 15 reps per side / 3 sets / 60 sec

Conditioning/prehab
F1. Jump Into Box - Iso-Squat 8 reps X 3 sets / 90 sec rest
G1. The Shrimp (foot+knee or just knee of the back leg touching the ground) 5 reps per leg X 3 sets / 120 sec rest
H1. Wrist routine X 2 sets

Workout - Intermediate

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set

A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Air Baby Extensions 5-10 reps per side X 3-5 sets / 60 sec rest

Floreio work
C1. Queda Batido - easy variation X 16-20 reps / 3 sets / 60 sec of rest
D1. Rotations into High Bridge or Rotation Into High Bridge to Head to QDR Exit X 10 reps / 3 sets / 60 sec rest
E1. Corta Capim Rotations X 20 reps per side / 3 sets / 60 sec

Conditioning/prehab
F1. Jump Into Box - Iso-Squat 8 reps X 3 sets / 90 sec rest
G1. The Shrimp (foot+knee or just knee of the back leg touching the ground) 5 reps per leg X 3 sets / 120 sec rest
H1. Wrist routine X 2 sets

Workout - Advanced

Warm Up - Mobility
A1. 5 min Joint Mobility
A2. Wrists Routine X 1 set
A3. Shoulder ROM and Stabilization routine X 1 set
A4. Ido's Squat Clinic Routine X 1 set
A5. Scapula Mobilization Routine X 1 set

Equilibre
B1. Static Air Baby 10-15 sec per side X 3-5 sets / 60 sec rest

Floreio work
C1. Queda Batido - advanced variation X 20 reps / 3 sets / 45 sec of rest
D1. QDR Circles X 10 reps per side / 3 sets / 60 sec of rest
E1. Rotation Into High Bridge to QDR Exit X 10 reps / 3 sets / 60 sec
F1. Corta Capim Rotations X 25 reps per side / 3 sets / 60 sec

Conditioning/prehab
F1. Back Flip - Iso Squat X 5 reps X 3 sets / 90 sec rest
G1. The Shrimp - in a quad stretch position or with knee only touching behind you 5 reps per leg X 3 sets / 120 sec rest
H1. Wrist routine X 2 sets